

A survey based on the Theoretical Domains Framework to identify key barriers and enablers for primary healthcare practitioners in the referral of Chronic Obstructive Pulmonary Disease (COPD) patients to Pulmonary Rehabilitation.

Background: Pulmonary rehabilitation (PR) is a highly effective intervention for patients with COPD but primary care referral rates are persistently low. The Theoretical Domains Framework (TDF) provides a structure for identifying motivators for behaviour change.

Aim: Using the TDF to identify & classify the key barriers and enablers for UK primary healthcare practitioners (PHPs) when referring patients with COPD to PR.

Methodology: A 54-item questionnaire, derived from our previous qualitative study and guided by the TDF, was distributed to UK based PHPs. Participants were recruited by e-mail (Primary Care Respiratory Society members), social media or direct targeting of participants at PHP conferences. Descriptive statistics were used to analyse responses.

Results: Of 211 respondents, 103 (49%) report referring to PR < monthly or not at all.

Identified enablers aligned with TDF domains on knowledge and skills. Most PHPs believed referral is easy (129; 61.1%) and (160; 75.9%) agreed to knowing PR programme content.

Major barriers related to optimism (only 49 (23.6%) consider patients motivated) and (93; 44.1% believed patients in work are unable to attend). Barriers were also evident in domains social influences (44; 21.1%), report providers rarely engage & goals, (40; 18.9%) PHPs report in-practice measures to improve referral rates are rare.

Conclusion: PR referral is infrequent. Knowledge and skills are evident, but interventions to overcome barriers; PHP perceptions of patient, provider engagement and improve goal focus are needed.

1. Cane J, O'Connor D, Michie S. Validation of the theoretical domains framework for use in behaviour change and implementation research. *Implementation Science*. 2012;7(37).
2. Watson JS AP, Jordan RE, Enocson A & S.Greenfield. Referral of patients with chronic obstructive pulmonary disease to pulmonary rehabilitation: a qualitative study of barriers and enablers for primary healthcare practitioners. *British Journal Of General Practiice* 2020